

LONDON

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Wednesday, September 7, 2011
www.metronews.ca



News worth sharing.



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Premier of Ontario

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More Jobs & Growth

Ontario created more jobs in June than the rest of Canada and the United States combined

StatsCan and the U.S. Bureau of Labor Statistics, 2011

- > **Creating 50,000 new jobs in clean energy** — a North American leader
- > **#1 Auto Manufacturer in North America** — supporting 400,000 jobs and families
- > **Cutting taxes in half for small businesses** to create more jobs
- > **And now — 30% tuition grant** to help our children get the education needed for the best jobs

CREATING 600,000 MORE JOBS



Source: Prof. Jack Mintz, "Ontario's Bold Move to Create Jobs and Growth," 2009

**Forward. >
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ONTARIO SCHOOLS:

best in the English-speaking world

see reverse to
find out more



SURGICAL WAIT TIMES:

**from longest
to shortest**

see reverse to
find out more



Best Education for Our Children

- > 50,000 kids in North America's first full-day kindergarten, growing to 250,000 by 2014
- > Doubling the Children's Activity Tax Credit to keep our kids active and healthy
- > Training even better teachers with double the practical, hands-on experience
- > 60,000 new spaces in our colleges & universities on top of the 200,000 new spaces already created

"I have travelled the world looking at top performing education systems, and the education gains I have seen in Ontario are astounding."

ANDREAS SCHLEICHER,
Organisation for Economic Co-operation and Development, 2011

**ONTARIO SCHOOLS
BEST
IN ENGLISH-
SPEAKING WORLD**



Source: McKinsey & Co., November 2010

Best Health Care

From longest to shortest surgical wait times in Canada

- > Over 1 million more Ontarians now have a family doctor
- > Shorter emergency room wait times
- > Bringing back doctors' house calls for our seniors and most vulnerable
- > Healthy Home Renovation Tax Credit to help seniors stay in their homes longer

"The commitment of the McGuinty government to addressing the issues of prolonged ER wait times has been nothing if not impressive...This is leadership."

DR. ALAN DRUMMOND,
Canadian Association of
Emergency Physicians,
August 26, 2010

**SHORTEST
SURGICAL WAIT TIMES
IN CANADA**

CATARACT

WAIT TIME
DECREASED BY **193 DAYS**

HIP REPLACEMENT

WAIT TIME
DECREASED BY **170 DAYS**

KNEE REPLACEMENT

WAIT TIME
DECREASED BY **245 DAYS**



Source: Ministry of Health and Canadian Institute for Health Information, March 2011

"These are uncertain times for the global economy. These are challenging times for our families. This is our plan to help. This is our way forward, together." PREMIER DALTON MCGUINTY



Forward.Together. >

Text DALTON to 70734

PremierMcGuinty @Dalton_McGuinty

www.theOntarioWay.ca





**THE FUNKY SIDE
OF EDMONTON**
MORE THAN JUST A
GIGANTIC MALL {page 10}

DOWNSIZING?
SIMPSON WEIGHS
BREAST-REDUCTION
SURGERY {page 9}

LONDON
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Wednesday, September 7, 2011
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News worth sharing

Professor getting help on the beat

► UWO prof wants more students involved in solving cold cases ► Waiting list for his class keeps a lot of 'talent' undiscovered



ANGELA MULLINS
@METRONEWS.CA

Michael Arntfield is no stranger to gritty police work.

The London police detective who's spent 12 years rounding up criminals in his hometown is getting national attention for taking his crime-fighting skills into academia.

Arntfield is starting an Investigative Society this semester at the University of Western Ontario and will soon be leading two squads of young sleuths into the realms of cold murder cases. As they work, Arntfield and club members will be under the lens of a team from CBC News' The National, which is working on a feature about the new venture.

Arntfield is about to start recruiting students for the extracurricular club, which falls under the Faculty of Information and Media Studies. The society, he warns, isn't for everyone.

"This isn't for fun. These students are going to be talking to ... the families of (murder) victims and seeking their assistance," said Arntfield, who earned his doctorate this summer. "They need to be invested. This isn't a lark."

Police work aside, Arntfield has some experience with cold

Contact

► Michael Arntfield is looking for cold cases his UWO students can dive into. Contact him at marntfie@UWO.ca.

cases. Two years ago, Arntfield started a UWO course that teaches students how new technology can be used to re-examine cold cases.

Much of that work has been focused on real-life serial murders both in the United States and Canada. And, Arntfield said, there have been some real results.

Students recently used Facebook to track down the friend of a 1968 Wisconsin murder victim. From there, they were able to make contact with a longtime suspect, who police in Wisconsin didn't know was still alive, Arntfield said.

While his students still haven't reeled in a really big catch, Arntfield thinks they could do it one day. Plus, they're learning practical applications along the way.

"My whole schtick is combining academics with police work," Arntfield said. "All of my findings are turned over to police departments."



► Michael Arntfield, a University of Western Ontario professor and a London police detective, talks yesterday about how students in his classes use technology to research cold cases. Using interactive maps to plot where crimes have occurred is a beginning point in many new-age investigations.

Local

Looking for a few good men

- Big Brothers campaigns for more volunteers
- Boys who need mentors currently have to wait 12-16 months {page 2}

Changing the face of snacks

Interesting after-school treats {page 12}



Metro 101: Frosh guide

Think about storage that maximizes space but still looks good {page 14}

Starbucks expanding

World's largest coffee chain plans to triple number of shops in China {page 6}

1 news



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On the web at metronews.ca



A quartet of Winnipeg Jets players model the newest NHL team's just-unveiled threads. Video at metronews.ca

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Day. One



► Students stream out of Bonaventure Meadows Public School, 141 Bonaventure Dr., yesterday after their first day of classes for the 2011-12 school year. Class is back in session for Thames Valley School District students along with those at the University of Western Ontario and Fanshawe College.

ANGELA MULLINS/METRO

Students in London go back to school

Agency puts a call out to men

- Boys who need mentors currently have to wait average of 12 to 16 months
- Only one third of local Big Brothers Big Sisters matches are male



ANGELA MULLINS
@METRONEWS.CA

Big Brothers Big Sisters is looking for a few good men.

Make that 30 to be exact. The agency — which serves London and the rest of Middlesex County — has kicked off a campaign yesterday to recruit 30 Big Brothers in 30 days.

During the campaign, a small piece of what's happening to mark Big Brothers Big Sisters Month, the agency's staff will be trying to create awareness about the shortage of male volunteers.

Most importantly, men need to understand "that being a mentor is not a significant commitment and not a big task," said

Matthew Chater, direct client service supervisor. "It can fit within their schedules."

Of the 150 kids waiting to be matched with an adult, about 75 per cent are boys, Chater said.

Men account for only about 25 per cent of the people who apply to become mentors.

The shortage isn't

unique to London.

Nationwide, the percentage of boys who need mentors outweighs that of girls who need them, Chater said.

It's easy for potential volunteers to get caught up in the idea of committing three to four hours a week for at least a year. But, Chater said, people need to realize they could spend

that much time watching television in a single evening.

And spending time with a mentee doesn't have to be a big production.

"It really doesn't matter what they do together. The kids really crave that one-to-one time ... that attention," Chater said. "That time really makes a difference."

Fire damage estimated at more than \$150,000

Nobody was hurt, but damage is estimated at more than \$150,000 after fire broke out at a biotech-research facility at Western. Firefighters responded to a call around 2 p.m. Monday from the Stiller Centre on campus.

The fire had already been pretty much extinguished

by the facility's sprinkler system before firefighters arrived, but there was heavy water damage throughout the entire floor as a result.

Investigators say the blaze started when an electrical-power distribution box malfunctioned.

AM980/AM980.CA

Favourite ballpark to be revealed

Today Londoners find out if Labatt Park is Canada's Favourite Ballpark. Labatt Park reached the final against Thunder Bay's Port Arthur Stadium. The official announcement will be made at 10 a.m.

● METRO

Wine and dine in the field of harvest

London Training Centre's annual Food for Thought fundraiser tomorrow invites people to dine in the field where they grow and harvest produce. About 200 people will enjoy a tapas menu paired with Ontario wines and award-winning beers. The event

runs from 5 p.m. to 8 p.m. at 20718 Vanneck Rd. For more information, call 519-685-4331.

● METRO



For more local news visit metronews.ca/london

ANGELA MULLINS/METRO



► Striking Fanshawe College employees snarl traffic yesterday morning on the first day of classes. About 500 members of the Ontario Public Service Employees Union went on strike Thursday at Fanshawe and other Ontario community colleges.

Students cross the picket lines

- Striking workers fill jobs across Fanshawe campus
- Transit drivers drop students off outside main gates



ANGELA MULLINS
@METRONEWS.CA

Both sides of the labour dispute that has about 525 Fanshawe College workers on strike appear to be digging in their heels.

As classes resumed yesterday at Fanshawe and the other 23 community colleges in Ontario, students crossed picket lines to make their way onto campuses.

Leslie McIntosh, a Fanshawe employee and member of the Ontario Public Service Employees Union Local 109, said that's likely to be the case for some time.

"We're out there every day until we have a deal," she said.

Don Sinclair, chief executive officer of the College Employer Council, the colleges' bargaining unit, said no new talks are scheduled.

"I think both sides, as each day goes by, they're assessing their positions," Sinclair said.

The two parties don't agree on the main issue.

McIntosh said the council is pushing contract clauses that would allow for the hiring of more temporary and part-time workers, something union members say has been a trend in recent years.

Sinclair called that "baloney," saying there are more full-time college support staff now than in 2008.

The issue, he said, is money. The last contract proposal on the table called

for a 4.8 per cent increase over three years, according to information on the council's website.

OPSEU wanted a two-year agreement with a three per cent hike each year, according to the council's summary of a union proposal.

Fanshawe students, meanwhile, are caught in the middle. All things considered, the first day of classes went smoothly, said Leanne Perreault, the college's manager of corporate communication.

Non-union and part-time workers will continue pitching in to keep student services chugging, she said.

"Everybody is entirely focused on students right now," Perreault said. "That's everyone's top priority."

Unemployed have second-career options

CONTRIBUTED



► Scott Dart

The economic doldrums contributing to London's unemployment rate of 9.1 per cent may have people looking to branch out into a new career path.

Fanshawe College has a number of online and in-class programs available to get people re-trained and back into the workforce in 12 months or less.

"Bookkeeping, you can start it on Sept. 19 and you're done on April 13," said Scott Dart, program consultant, continuing education.

The programs range from short, intensive options, including approximately four hours of class time per day and online components that allow for a little more freedom and flexibility.

"We offer a lot of different routes for students to

take, so they don't have to be locked in to coming to class from 9 (a.m.) to 1 (p.m.)," Dart said. "They can do it online. They can also do it blended — part of the course would be in class in a traditional setting at night and part of it would be online."

In an increasingly competitive marketplace, it

Getting started

- For more information on the continuing-education options available, visit fanshawec.ca.
- For the short-term intensive programs, tuition costs are approximately \$2,800 plus an additional cost of \$1,100 for books.
- Classes are usually capped at 20 to 25 students.
- Registration is still open for all classes.

may be essential for workers to obtain as much knowledge and expertise to differentiate themselves and their skill set.

"It's another arrow in their quiver to show that they've actually got something else that can separate them from (other applicants)," Dart said.

● MIKE ARSENAULT

Entourage star to screen film

Adrian Grenier, star of the TV show Entourage, will be at Western Film on Friday at 4 p.m. to screen Teenage Paparazzo, a film he directed and appears in. There will also be a Q&A session.

Two hundred tickets are available free for Western students, while 100 tickets are available to the public for \$16.50.

● METRO

TV studio opening its doors

People can tour the Rogers TV Cable 13 station, 800 York St., during an open house from 6 p.m. to 8 p.m. tomorrow.

Rogers will launch its fall season Monday with seven new community-produced shows covering a broad range of topics, including sports and health.

For details, check out rogerstv.com.

● METRO

Partners knit toques for babies

Volunteer knitters are being called to join the final push of the Click For Babies campaign.

The campaign is trying to knit as many purple caps and toques as possible for babies born in November. The next sit & knit will be Sunday at the Western Fair Grounds special-events building from 1 p.m. to 4 p.m.

● METRO

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RYAN TAPLIN/METRO HALIFAX



► Motor Maids Ann Savoy MacKelvie, Denise Pelrine and Elizabeth Pass are heading to New York this week to take part in a 9-11 tribute rally.

9-11 riders make trip to New York

► Thousands of motorcyclists have signed up for the Always Remember, Never Forget 9/11 Tribute Rally
► Motor Maids Inc. is a group of women riders promoting a positive image and safe riding skills



JENNIFER TAPLIN
@METRONEWSCA
METRO CANADA IN HALIFAX

The roar of over 5,000 motorcycles won't be able to drown out the memories of the Twin Towers collapsing into dust.

But three motorcyclists from Halifax will be there on the 10th anniversary of the 9-11 attacks to represent a city that helped out so generously that day.

Denise Pelrine, Ann Savoy MacKelvie and Elizabeth Pass are HRM residents and members of Motor Maids, a women's-only motorcycling club which dates back to 1940. Their club was asked to escort members of International Associations of Firefighters Motorcycle Group from Newburgh, N.Y. to Ground Zero on the 10th anniversary of the attacks on Sunday.

"We're very proud to be asked to escort them in. It's awe-inspiring," said Pelrine, who will carry the

"This was something that changed the world. It changed our perception of so many things. I don't think anybody is unaffected by it ... These are the things that you can't forget"

ANN SAVOY MACKELVIE

Nova Scotia flag on her bike.

In total 12 Canadian Motor Maids will participate in the rally: three from Nova Scotia, two from New Brunswick and seven from Ontario. They'll all be wearing donated helmets from firefighters in their hometowns.

"The Americans recognize Canada as a real sister, a support in what happened," said MacKelvie.

Like everyone, the three women easily recall where they were on Sept. 11, 2001 and the feelings that washed over them as the news hit.

"Everyone was so blown apart by what was going on. I remember calling to offer my home (for stranded passengers)," said Pass.

So many other Haligonians had stepped up to open their homes to the thousands of airline passengers who were stranded by the no-fly zone that Pass's offer wasn't needed.

"It's a sin and a tragedy when it happens but it's great to see people respond like that. It shows the Nova Scotia spirit for sure," Pelrine said.

9/11 coverage

Pick up a copy of Metro on Friday for our discussion 9-11's legacy a decade later.

Photographer recalls capturing 9-11 in a lens

CARSTEN FLECK/CONTRIBUTED

► Former Calgary resident Lyle Owerko holds a copy of his Time magazine cover photo, which he took on 9-11.



JEREMY NOLAIS
IN CALGARY

Hell rained down all around him on 9-11, but what Lyle Owerko remembers most 10 years after that fateful day is the blue sky.

"It just was truly exceptional," he told Metro. "Unfortunately, it provided a

beautiful backdrop for something so horrible."

The University of Calgary graduate and longtime local resident had just returned from a photo excursion in Africa. Jet-lagged, his bag of gear was still packed when the first plane struck the World Trade Center just blocks from his apartment in New

York's Tribeca neighbourhood.

"I reacted immediately to the sound," he said.

Owerko raced outside and was alerted to the smoking crash site near the top of the North Tower. He raced to the scene, loading film along the way.

"The tragedy really started unfolding," he said.

Fiery debris and chaos littered the street, and desperate people began leaping to their deaths from the upper floors. Owerko caught some of the individuals on film, but it was an image he took just moments later that would launch his work into the spotlight.

A second plane roared into Lower Manhattan on a collision course with the South Tower. Owerko pointed his camera towards the top of the tower and caught the impact. "I knew I had something, I didn't know it was the apex," he said.

The historic photo would appear on the cover of Time magazine the next day and go on to receive international critical acclaim.

FORCED EVACUATION

Quake kills three in Indonesia

A powerful earthquake jolted western Indonesia early yesterday, killing three people, damaging buildings and sending panicked residents fleeing from homes, hotels and even a hospital.

The magnitude-6.6 quake hit about 1 a.m., waking people in towns and villages across Sumatra island's northern tip.

It was centred 100 kilometres southwest of the city of Medan and 110 kilometres beneath the earth's crust, according to the U.S. Geological Survey. It was too far inland to generate a tsunami.

Boby Sigit, of the National Disaster Management, said a 12-year-old boy and a 60-year-old man were killed in Aceh, while a 26-year-old mother died in North Sumatra's district of Dairi.

THE ASSOCIATED PRESS

U.S. civilian strangled in Afghanistan

An American civilian working with the U.S. Army Corps of Engineers has been strangled to death in Afghanistan, officials and family members said yesterday. No further details were released. THE ASSOCIATED PRESS

Hearing postponed

A judge has rescheduled a preliminary hearing for a white teenager accused of using his truck to intentionally run over a middle-aged black man. Deryl Dedmon is charged with capital murder and robbery in the death of James Craig Anderson. THE ASSOCIATED PRESS

Yugoslav army chief convicted

PETER DEJONG/POOL/THE ASSOCIATED PRESS



► Momcilo Perisic

The Yugoslav War Crimes Tribunal sentenced the former chief of the Yugoslav army to 27 years in prison yesterday for providing crucial military aid to Bosnian Serb forces responsible for the Srebrenica massacre and for a deadly four-year campaign of shelling and sniping in Sarajevo. The case against general Momcilo Perisic was the first time the UN court convicted a civilian or military officer from Yugoslavia of war crimes in Bosnia.

THE ASSOCIATED PRESS

Gadhafi regime chiefs flee to Niger

► Convoy may include Gadhafi family members

Armed loyalists of Moammar Gadhafi, including top brass, crossed in convoys from Libya into neighbouring Niger yesterday, with the toppled Libyan leader's own security chief at the head of one of the columns as it rolled into the capital of this desert nation, officials said.

U.S. officials in Washington told The Associated Press that senior Libyan military defectors were

travelling in one of the convoys. The officials spoke on condition of anonymity to discuss private exchanges between the U.S. and Niger.

Customs official Harouna Ide told AP that Mansour Dao, Gadhafi's security chief, was at the head of the first convoy. He said other Libyan convoys were south of Agadez in central Niger, a desert country that borders Libya and where Gadhafi has the support of

many Tuareg tribal fighters.

It wasn't clear if Gadhafi family members were in the convoys but al-Arabiya television quoted Niger's Foreign Minister, Bazoum Mohamed, as saying Gadhafi himself was not present.

Gadhafi, who ruled Libya for more than 40 years, has been on the run since losing control of his capital, Tripoli, last month.

THE ASSOCIATED PRESS.



► Rebel fighters celebrate yesterday at a checkpoint near Bani Walid, Libya.

An Important Notice Regarding Your Personal Health Information

This notice is being issued to help people with diabetes or at risk of having diabetes decide whether or not they want to consent to having their personal health information shared in the Diabetes Registry and the Diabetes Testing Report.

The Ministry of Health and Long-Term Care (MOHLTC) is working to help individuals better manage their diabetes and their diabetes care. As part of this effort, eHealth Ontario is creating and will be operating a Diabetes Registry to give health care providers the ability to easily check patient records, access diagnostic information, receive patient alerts, and track the care a patient with diabetes receives. The implementation of the Diabetes Registry is a first step towards achieving a province-wide Electronic Health Record for eligible Ontarians.

The MOHLTC currently uses the paper-based Diabetes Testing Report to keep your primary care provider (physician or nurse practitioner in a Nurse Practitioner-Led Clinic) informed of when you last had the following three key tests that people living with diabetes should receive on a regular basis:

- the HbA1C blood glucose control test, which patients should receive at least every six months
- the LDL-C cholesterol test, which patients should receive approximately every year
- a retinal eye exam, which patients should receive at least every two years

In order to create the Diabetes Testing Report, your primary care provider shares personal health information, including your name, OHIP number, and date of birth with the MOHLTC. He or she will also confirm whether you have diabetes. In response, the MOHLTC will share the most recent date for each of the three key tests with your primary care provider.

Starting in Fall 2011, eHealth Ontario will begin operating the Diabetes Registry and other Electronic Health Record applications to permit health care providers to access your name, OHIP number, date of birth, and clinical information such as procedure dates and test results, in real time, when they are providing you with health care. The MOHLTC will continue to send Diabetes Testing Reports to primary care providers until they transition to the Diabetes Registry.

Protecting Your Privacy

The MOHLTC will share your personal health information through eHealth Ontario and the Diabetes Registry with health care providers when they are providing you with health care. The collection, use, and disclosure of your personal health information by the MOHLTC and health care providers, are subject to the *Personal Health Information Protection Act, 2004* (PHIPA). eHealth Ontario is also subject to PHIPA.

Your privacy is important. You may decide that you do not want your primary care provider to disclose your name, OHIP number, and date of birth, and confirm that you are a patient with diabetes, to the MOHLTC, and that you do not want the MOHLTC to include the dates of your last HbA1C, LDL-C, and retinal eye exam in your provider's Diabetes Testing Reports.

You may also withhold or withdraw your consent so that your personal health information will not be shared with health care providers through the Diabetes Registry without your express consent.

If you do not want your personal health information shared through the Diabetes Registry and/or the Diabetes Testing Report, this will in no way affect your relationship with your health care providers, who will continue to provide health care to you.

If you previously withheld or withdrew your consent from having your personal health information included in Diabetes Testing Reports, your consent will also be withdrawn from the Diabetes Registry. However, if you previously withheld or withdrew your consent from the Diabetes Testing Report, but would like your information to be accessible by health care providers through the Diabetes Registry, you will need to reinstate your consent by following the instructions set out below.

Deciding Not to Share Your Information

If you wish to withhold or withdraw your consent to having your information disclosed between your primary care provider and the MOHLTC for Diabetes Testing Reports and/or if you wish to withhold or withdraw your consent to having your personal health information accessed by health care providers through the Diabetes Registry, you may call **1-800-291-1405 (TTY: 1-800-387-5559)**.

If you have previously withheld or withdrawn your consent to have your information included on the Diabetes Testing Report and you do not want to participate in the Diabetes Testing Report or the Diabetes Registry, you do not need to withhold or withdraw your consent again.

If you have previously withheld or withdrawn your consent and wish to reinstate your consent to participate in the Diabetes Testing Report and/or the Diabetes Registry, you can do so by calling the number above.

More information about diabetes and the Diabetes Registry can be found at www.ontario.ca/diabetes.

News in brief

Rogers getting into banking

FINANCE. Rogers Communications Inc. is hoping to expand beyond the telecom business by starting up a bank that would focus on credit and payment services.

The owner of Canada's largest wireless-telephone service provider has told Ottawa that it will apply to become a financial institution called Rogers Bank, headquartered in Toronto. It will not be a full-service deposit-taking bank, a Rogers spokeswoman said.

THE CANADIAN PRESS

RIM 'broken,' investor says

TECHNOLOGY. Research In Motion should consider

putting itself up for sale or spinning off its patent portfolio into a separate company, a shareholder says. Vic Alboini, CEO of Jaguar Financial Corp., says RIM's BlackBerry smartphone has lost ground to rival technology companies in the consumer market. "The company is broken and it has to be fixed," he said.

THE CANADIAN PRESS

Well-being at risk: Study

WEALTH REPORT. Canadians are better off than they were 30 years ago, but rising health-care costs are slowing them down, a study suggests. The Centre for Living Standards says there has been a dramatic increase in per-capita consumption and wealth in Canada since 1981, but that is being eroded by declines in economic equality and security.

THE CANADIAN PRESS

More Starbucks for China

- Coffee chain eyeing emerging economies to boost sales
- International revenue now 23% of overall sales of \$2.93 billion US

Starbucks Corp., the world's largest coffee chain, plans to triple the number of its coffee shops in China during the next four years, an executive said yesterday.

Starbucks aims to operate 1,500 outlets in China by 2015 from a current 470, the company's Asia Pacific president, Jinlong Wang, said. Starbucks also expects to open 700 coffee shops in South Korea by 2016, up from 370 now, Wang said.

"The coffee industry in China has huge potential. China has 5,000 years as a tea-drinking country, but we've created a new coffee culture," he said.

Wang said sales in Asia

55

Starbucks has 17,000 stores in 55 countries.



► Howard Schultz, president of Starbucks in the United States, enjoys a mug in the first Starbucks in Chongqing Municipality in 2006. The chain plans to open 1,500 stores in China.

have remained robust in recent months despite a slowing global economy.

Since opening its first store in China in 1999, Starbucks has spread to 42 cities. It is preparing to open in India next year and in Vietnam in 2013.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 83.87 (12,518.54)	- 0.58¢ (101.03¢ US)	- 43¢ (\$86.02 US)	\$3.938 US (+ 6.6¢) Gold contract \$1,873.30 US (- \$3.60)

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THE KIDS ARE ALL RIGHT

JUST SAYIN' ...

PAUL SULLIVAN
METRO



As you wave goodbye to the kids today, staggering under the weight of their 30-pound backpacks stuffed with textbooks, iPads/iPhones/iPods, healthy lunches (which they'll pitch as soon as you're not looking and head for the nearest cheeseburger), gym clothes (which are clean for at least one day this year), and various waiver forms, consider the investment that's climbing out of the SUV.

According to the usually reliable sources, it costs roughly a quarter of a million bucks to raise a child, and you really can't expect too much help from Hillary Clinton's legendary village. The good news is that you get to spread the costs over 20 years, so the annual touch is only about \$12,500.

Your alcohol budget is probably higher than that, especially throughout the teen years.

Of course, expenses vary depending on your specific circumstances. A teenage girl, for example, needs her OWN bathroom and her OWN bedroom, preferably with a swinging hinge on the door so when she slams it with a dramatic flourish while declaring how much she totally hates you, the ceiling won't fall in.

A teenage boy will sleep anywhere as long as it's in front of an Xbox 360.

Generally, the older a kid gets, the sloppier he or she looks and the more it costs to get the look. Prior to turning 11, kids look like their parents' idea of what a kid should look like, all pressed and brushed and scrubbed and sensible. After 11, they look as if they were outfitted by Puff Diddy.

Remember that it's tough being a kid in 2011. There are simply too many role models, all of them Justin Bieber and Selena Gomez.

The pressure to be cool starts in kindergarten, where you have to make sure you don't wet your pants and you have to be constantly on the alert to make sure no one swipes Teddy.

Meanwhile, the real competition is hidden in the library (where's that?) where they are already studying 24-7 and have nearly filled all the pre-med slots for the Class of 2024. It's a jungle out there, and unless your kid's a cheetah, he/she can expect to spend the next 12 years at the bottom of the food chain, no matter how much you love them.

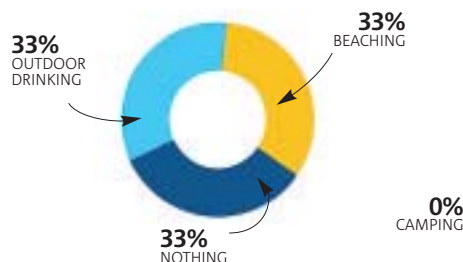
So, a quarter of a million bucks may seem like a lot of money to turn out a clerk typist 4 or a travel agent, but they will be the best, most intelligent, beautiful middle managers ever raised. And they're worth every penny. And all the love you've got, which is enough.

Read more of Paul Sullivan's columns at metronews.ca/justsaying



Register at
metropolitanpanel.ca
and take the quick poll

What are you going to miss most about summer?



Local tweets



► @VMIhaescu: Spent first night at my #ldnont house

;) Now off to the #gym with my #gf :D hahaha
► @pketelaars: Too many leaves on the ground for first week of sept. #absolutelyhatewhatfollowsautumn #ldnont <http://t.co/SOju8MT>

► @craighunter_: Just witnessed the first 'bus of shame' of my life on the way to work. LOL. #forshame #class #uwo #ldnont / @rewdca

► @LondonPaint: Good morning #ldnont!

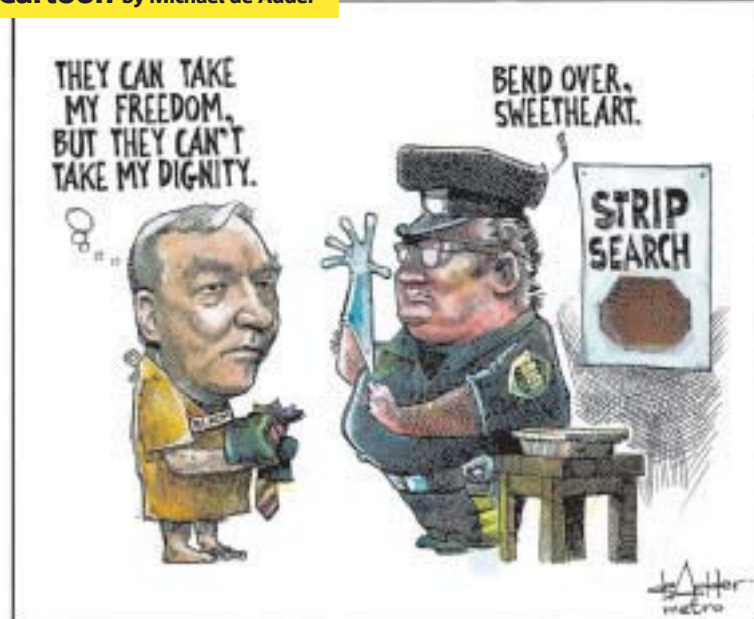
Everyone please drive safe today. There are lots of kids making their way to school this morning!

► @MadProgrammer: This past weekend I went to the Sifton Bog for the first time in 35 years. Challenge: find some place new in #ldnont

► @SusieBeasley: Just drove by Fanshawe and saw all the cars backed up due to picketers. Great first impression on the new students. #ldnont #Fanshawe#ashamed

► @Jordan_Batson: #TimHortons has been redone on campus! Much classier haha #UWO

Cartoon by Michael de Adder



Letters

As the writ drops, I find myself optimistic. During the federal election, no real issues were addressed; but rather the choice of whom are you afraid of more. I have real concerns and I would like honest answers, not the most popular answers.

I am concerned about employment opportunities, a health-care system that will be able to care for my parents, an affordable post-secondary education for my three children and a healthier environment for my daughter with asthma.

I am standing up for something with a vote for the green party.

ELIZABETH PELOZA, LONDON

Signs are popping up on the side on the roads and leaflets are appearing in the mail from all four major political parties.

As someone who has run for office before, I can appreciate the hard work that each and every candidate is about to embark on. It takes a lot of courage to put yourself in front of the public for a cause that you believe deeply about. So please, if someone brings a flyer to your door, or calls you to ask for support, take the time to give them a listen.

MATTHEW PELOZA, LONDON

WEIRD NEWS

What a croc!

Its mighty snout wrapped tightly with ropes, a one-tonne, 6.1-metre saltwater crocodile was captured and put on display in a town in the southern Philippines — one of the biggest such reptiles to be caught in recent years.



► The mayor of Bunawan township pretends to measure the 6.1-metre croc.

"Lolong," as it has been nicknamed, is about to become the star attraction of an ecotourism park — unless it's upstaged by an even larger reptile that may be still be on the loose.

Residents of Bunawan township celebrated when they captured the croc, with about 100 people pulling the feared beast from a creek by rope, then hoisting it by crane onto a truck. While the beast was safely tied up, they examined its teeth, claws and stubby legs with fascination.

The scaly skinned Lolong — which tips the scales at 1,075 kilograms — is estimated to be at least 50 years old.

THE ASSOCIATED PRESS

2

scene

Retiring



Regis Philbin says he'll retire from his talk show on November 18. The veteran TV personality made it official on Tuesday's edition of Live with Regis and Kelly as it began its 24th season in national syndication.

THE ASSOCIATED PRESS



► Metro speaks to the stars of Bucky Larson: Born to Be a Star.

Chasing stardom

- Lead actors in Bucky Larson: Born to Be a Star share their love of one another with Metro
- Adam Sandler pits the pair against each other as he brings porn comedy to the big screen



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Bucky Larson: Born to Be a Star puts a wide-eyed pornography newcomer (co-writer and star Nick Swardson) at odds with a more established adult film performer (Stephen Dorff) in this Adam Sandler comedy.

The pair left any sense of animosity on the screen, though, if Metro's love-fest of a chat with the pair is any indication.

Nick, I take it this is an auto-

biographical film for you?

Nick Swardson: It's a documentary. We're very excited. They followed me around for my beginning (laughs).

No, it's awesome.

It's an idea that (Adam) Sandler had. He told me, 'You play a kid who finds out his parents used to be porn stars,' and it's such an awesome concept because you do think, 'What if I found a porno from the '60s or '70s that my parents were starring in? What would my reaction be?' And this kid's reaction is like, 'Oh my gosh, that's my calling.'

A lot of other comics have pegged you as the one to watch over the last couple of years.

Nick Swardson: Oh, that's very cool. Who said that, my mom?

Mostly your mom, yeah.

Stephen Dorff: And your grandma.

How does it feel to have that kind of momentum building up? Not to put any pressure on you.

Nick Swardson: No, it's cool, man. I've been doing comedy for 16 years, so it's not, like, jarring. It's not an overnight thing where I'm

like, 'Ah! How do I deal?' You know, I've had so many parts in Sandler's stuff, Blades of Glory, Reno 911. So it's been like a nice build. I just feel like it's really the perfect time. I don't feel any pressure or anything, and I'm really enjoying it. You know, I get to do a movie like this where I get to work with people like Stephen, who's an amazing actor.

Stephen Dorff: Thanks, buddy.

Nick Swardson: Yeah, buddy. I love you.

We saw you last in Somewhere, playing a movie

star, and now you're playing a porn star in the other. Do you approach the characters the same way?

Stephen Dorff: A little different, a little different. This one had bad jeans, a little more Granada Hills thrown in there, some Affliction T-shirts, some Brett Michaels influence.

Nick Swardson: You had a bigger penis in Some-

where. You had to decrease it for this role. In Somewhere, he had the three-foot penis, going down to his knees. In this one they were like, you've got to dial that back.

WARNING: VIRUS FILMS ARE CONTAGIOUS

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA



If Jaws kept people out of the water, Contagion, this weekend's all-star Towering Inferno of germ movies, will keep them from touching their faces. The average person touches their face upwards of 3,000 times a day, and in

the world of Contagion everything that comes in contact with your skin — an elevator button, a glass at an airport, a handrail on a ferry — could be fatal.

In this world of big diseases with little names, like SARS and H1N1, germs are the new Frankensteins.

The movies have used microscopic germs and viruses as bogeymen for years.

In Warning Signs an ex-

perimental virus turns people (including Law and Order's Sam Waterston) into rage filled maniacs, a plot echoed in Resident Evil when a virus gets loose in a secret facility. "The T-virus is protean," says the Red Queen, "changing from liquid to airborne to blood transmission, depending on its environment. It is almost impossible to kill."

The Thaw sees Val Kilmer unleash a prehistoric plague when he dis-

covers a diseased Woolly Mammoth carcass.

Michael Crichton dreamt up the idea for The Andromeda Strain when he was still a medical student.

The story of a deadly alien virus was inspired by a conversation with one of his teachers about the concept of crystal-based life-forms.

Outbreak features germs of a more earth-bound kind. This 1995 film about an outbreak of

a fictional Ebola virus called Motaba was spread in the States by a white-headed capuchin monkey.

If the contagious simian looks familiar, no wonder.

It's Betsy who also appeared as Ross's pet Marcel on Friends.

The sitcom spoofed Betsy's work in the disaster film by showing the monkey on a poster for a fictional film called Outbreak 2: The Virus Takes Manhattan.



Video game simulation says Michael Vick will win NFL MVP honours this season

Being a busty babe ain't all it's cracked up to be

► Jessica Simpson considering a breast reduction surgery before she ties the knot ► 'I was the first girl in my class to wear a bra,' she says

Jessica Simpson is reportedly considering breast-reduction surgery before she walks down the aisle with fiancé Eric Johnson, according to In Touch.

"She thinks if she downsizes her breasts, she will look smaller. She's never loved having a huge chest," a source says.

It's clearly an issue that's been weighing on

the singer for some time.

"I was well-endowed when I was in sixth grade. There's no way to hide them, as much as you want to bandage your boobs down," Simpson has said previously.

"I was the first girl in my class to wear a bra. I remember crying in the bathtub. All my friends were super skinny."

● METRO



► Jessica Simpson

Adele doesn't have weight issues



► Adele

Adele, who has had to cancel several tour dates this year due to illness, apparently doesn't do so well on the road even when she's feeling healthy.

"I puke quite a lot before going on stage," she tells British Vogue, admitting that there is a bright side to it.

"The bigger the freak-out, the more I enjoy the show."

But no one should mistake the singer's nerves and anxiety for issues about her weight, of which she says she has none.

"I've seen people where it rules their lives, who want to be thinner

or have bigger boobs, and how it wears them down," she previously said in an interview with Rolling Stone.

"I don't want that in my life. I have insecurities, of course, but I don't hang out with anyone who points them out to me."

● METRO

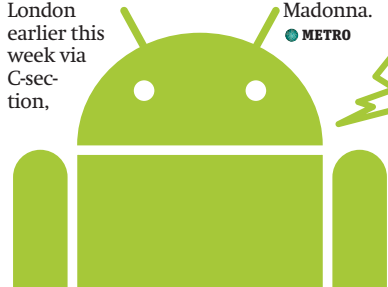
Fatherhood, take two

Guy Ritchie is a dad again. The director's girlfriend, Jacqui Ainsley, delivered a baby boy in

London earlier this week via C-section,

according to the Mirror. Ritchie also has an 11-year-old son, Rocco, with ex-wife Madonna.

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Celebrity tweets



@Joan_Rivers



Ben

Franklin said it best: "Guests, like fish, begin to smell after 3 days." He didn't mention: "20 minutes if your guest is Snooki."



► Soon-to-be mom Carla Bruni-Sarkozy.

Baby Sarkozy not for sharing

Carla Bruni-Sarkozy is planning on keeping her new baby away from the cameras when it arrives.

"You don't have a child for the [photo] gallery," the French first lady and expectant mother says in an interview with French television program Sept a Huit, adding that her "position as the wife of the head of state has made me even more defensive. I understand the media interest, and I don't see any inconvenience in it for myself or my husband, but when it concerns the children, it's not impossible."

While she doesn't yet

know the gender of the new baby, she does know how she feels about media attention.

"I will do everything to protect this infant, and I'll be absolutely rigorous," she says. "I will never show photos of this child. I will never expose this child."

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IN THEATRES SEPTEMBER 16

ALLIANCE

3

life

Travel in brief



Canada is on the short-list and needs your vote. The Bay of Fundy could become one of the planet's New 7 Wonders of Nature with enough votes. Winners will be announced in November. There are currently 28 sites on the finalist list. Only the Bay of Fundy and the Grand Canyon are contenders for North America. To vote, go to votemyfundy.com.

NEWS CANADA



Native American photographers share perspectives in special exhibit at NM museum.

► There's a lot more to Alberta's capital than that gigantic mall with the roller-coasters

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA



There is more to Edmonton than that big honkin' mall. A lot more.

Having travelled all over this fair country, and most of Alberta for that matter, I for some reason had never visited this great city. Who would have thought you'd find interesting history and culture in little old Edmonton?

For starters, I was pleasantly surprised with the funky vibe of the historic old Strathcona district. Cool old architecture, colourful antique and junk stores and great restaurants await, and then there is the super-sized holy grail for hockey fans!

I almost drove off the road after suddenly noticing a gigantic Stanley Cup right there on the side of the road!

This 12-foot-tall exact copy of the cup even has all the winning teams engraved on it, just like the real thing.

I actually had to stand in line to get my picture taken next to this massive version of hockey's most famous prize. Guess that's one way to keep the cup in

Edmonton!

Keeping with that trendy/funky theme, it was on to the very vibrant and lively Whyte Avenue. The nightlife here could give any big city a run for its money. At the centre of it all is the huge Iron Horse nightclub next to the railway tracks, where the partying goes on and on.

My personal favourite watering hole in Edmonton turned out to be the equally lively Atlantic Trap and Gill.

My intention was to stop

in for a quiet east coast style meal and a brew, but a few pints later I somehow found myself on stage leading a chorus of the Irish folk song Whiskey in the Jar.

Did I mention a few pints were involved?

Happily even more pints were involved a few days later when I had a chance to tour the city's most impressive boutique brewery, known as Big Rock.

This is a great place to just hang out and have lunch, and of course tasting the product is not too hard of a sell either.

The brewery's Grasshopper Wheat Ale has become a very popular export to other parts of the country, and the Big Rock Lime is no slouch either.

I tasted both of them more than once, just to make sure.



► Edmonton offers plenty for everyone, from hockey fans to history buffs.

Other cool things to do

- **Check out a festival or two:** Edmonton is the festival capital of Canada, with more than 30 annual events. The eclectic variety includes folk, fringe or street performer festivals.
- **Check out Jurassic Forest:** Here life-size dinosaurs come to life on a 40 acre prehistoric preserve!



► Jurassic Forest is a big attraction for kids.

An apple a day

- Iroquois, Ont., is home to the McIntosh apple
- The town celebrates the bicentennial of the species

Two hundred years ago, in 1811, a farmer by the name of John McIntosh found an apple sapling growing on his property in Upper Canada, north of the St. Lawrence River.

That find, and later

widespread propagation of the species, led to what became known as McIntosh apples showing up in grocery stores and lunch boxes everywhere. The town of Iroquois, Ont., will celebrate the bicentennial at an

apple festival on Sept. 17.

"We're gearing up," Sandra Beckstead, owner of Smyth's Apple Orchard in Dundela, just north of Iroquois, told CBC Radio's As It Happens. "I have all the history. The history will all be displayed. . . . We'll have all kinds of contests, music, barbecues, apple cider, candy apples — we have everything planned."

Beckstead said she's the fourth generation in her family to have farmed her land, and that John McIntosh's property was about half a kilometre away. The oldest known McIntosh apple tree — an original descendant of the first McIntosh tree — died at Beckstead's farm this summer.

McIntosh's parents emi-



► Iroquois, Ont., is holding a celebration of the bicentennial of the McIntosh apple on Sept. 17



► The McIntosh apple has a highly desirable taste.

grated from Inverness, Scotland, to the Mohawk Valley in New York state, and John later moved to Upper Canada.

An Historic Sites and Monuments Board of

Canada plaque in Dundela, 75 kilometres south of Ottawa, says John McIntosh and his family had a major impact on Canada's fruit growing industry: "The McIntosh apple not only

possessed a highly desirable taste, texture, aroma and appearance, but was also ideally suited for growing in the country's colder climate."

THE CANADIAN PRESS



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Hong Kong \$559
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USA

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Essex Inn + taxes & fees \$121
INCLUDES accom on famous Michigan Avenue. Departs Oct 18, 25/gg/aa. **UPGRADE** to 4-star Westin for \$45 per night. **ADD** Chicago city pass for \$76.

New Orleans Air + 4 Nights 4-Star \$559
Sheraton New Orleans + taxes & fees \$128
INCLUDES accom near the French Quarter and Mississippi River. Departs Sep 25/gg/us. **ADD** swamp and bayou tour for \$50.

California Air + Car \$579
+ taxes & fees \$134

INCLUDES airfare into Los Angeles and return from San Francisco, and 7-day economy car rental with unlimited mileage. Departs Oct 2, 9/gg/aa.

Scottsdale Air + 4 Nights \$634
Holiday Inn Express + taxes & fees \$134
INCLUDES downtown accom. Departs Oct 30/vac/ac. **ADD** car rental for \$24 per day.

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Drink of the week

The Grey Goose Northern Starlet

This fruity cocktail, with its fresh canberry juice and spray of grapefruit, is fit for the stars as Canada gets ready to celebrate the Toronto International Film Festival.

- 45 ml Grey Goose Vodka
- 5 ml Cherry Marnier
- 25 ml organic Canadian cranberry juice
- 1 can (175 ml/6 oz) frozen orange juice concentrate
- 10 ml Passion fruit syrup
- 5 ml Freshly squeezed pink grapefruit juice

Combine all ingredients into cocktail shaker with ice. Shake; strain in coupe. Finish with spray of pink grapefruit zest and garnish with a whole star anis. **DIMI LEZINSKA, GLOBAL BRAND AMBASSADOR GREY GOOSE VODKA**

The changing face of snacks

► Keep after-school treats interesting ► Try these recipes, which reinvent some classics



► The Peanut Butter and Jelly Cubes recipe makes 32 cubes. The Sweet Quesadillas serve four.



MATTHEW MEAD/ THE ASSOCIATED PRESS

Peanut Butter & Jelly Cubes

Preparation:
1 Spray a 23-by-33-cm (9-by-13-inch) pan with cooking spray, then line with plastic wrap.

2 In bowl, combine 4 envelopes of gelatin with 250 ml (1 cup) of grape juice. Let sit 5 minutes.

3 In saucepan over medium-high heat, bring remaining 750 ml (3 cups) grape juice and 50 ml

(1/4 cup) honey to boil. Pour in bowl with gelatin; stir until dissolved. Pour mix into prepared pan and refrigerate until firm and set, 3 hours.

4 In small bowl, combine cool water with remaining 2 envelopes gelatin. Let sit for 5 minutes, then add boiling water. Stir until gelatin is dissolved. Set aside.

5 In bowl, use electric mixer to beat peanut

butter, cream cheese and remaining 50 ml (1/4 cup) honey until smooth. Slowly beat in gelatin mix. Pour and spread this mix over set jelly in pan. Refrigerate and allow to set up completely, about 3 hours.

6 Using plastic wrap to assist, remove gelatin from pan and peel off plastic. Cut into cubes.

Sweet Quesadillas

1 In skillet over medium heat, melt butter. Add apples, sugar, cinnamon. Cook, stirring, until apples are tender, 3 mins. Transfer to a bowl.

2 Spread cream cheese over 4 tortillas. Divide apple mix. Top with remaining 4 tortillas.

3 In skillet over medium-high heat, toast each quesadilla, about 2 minutes per side. Serve.

THE ASSOCIATED PRESS

Shopping List:

Peanut Butter and Jelly Cubes

- 6 envelopes (each 7 g/1/4 oz) unflavoured gelatin, divided
- 1 l (4 cups) grape juice, divided
- 125 ml (1/2 cup) honey, divided
- 125 ml (1/2 cup) cool water
- 250 ml (1 cup) boiling water
- 250 ml (1 cup) peanut butter
- 1 pkg (250 g/8 oz) cream cheese, room temperature

Sweet Quesadillas

- 15 ml (1 tbsp) butter
- 2 Granny Smith apples, peeled, cored and sliced
- 30 ml (2 tbsp) packed brown sugar
- 5 ml (1 tsp) cinnamon
- 125 g (4 oz) cream cheese
- Eight 15-cm (6-inch) flour tortillas

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Want to know the real me? Start with my CV

STUDENT VOICE

ALANNA GLASS
TALENTEGG.CA

I have been plagued with the "I need experience but nobody will give it to me" curse for a long time.

Until one company is willing to take a chance on you and give you an entry-level position, the job or internship hunt can be tiresome. Trust me, I know.

That being said, as I ended my second year of university, I was finally able to land an internship. Fortunately for me, this small company did just what an employer should: they looked beyond the content of my resumé.

When I came in on my first day, they told me I had been selected based on the strong communication skills I had demon-



► Alanna Glass emphasizes the importance of quality over quantity when it comes to the information a person presents on their resumé.

strated in my application.

My relevant work experience had been reviewed but was not necessarily the top priority. They valued that I could communicate effectively and were willing to give me

the experience I lacked.

In my opinion, employers should "read between the lines" of a resumé and try to recognize quality over quantity.

What does a student prove by having six short-

term positions over one long-term position? As a student, does it benefit to be a member of six clubs or to be the president of one?

Employers seem to be so caught up in the length of a resumé that they neglect to read between the lines and see what's really there. Through dedication to one position, a student is demonstrating commitment and perseverance.

The quality of your resumé is of paramount importance.

Whether one page or two, a resumé can be demonstrative of so much more than past work experience. For example, a resumé that is clean and well-organized is often received as a reflection of the person who wrote it.

Also, creative descriptions of skills and prior experience demonstrate impressive communication skills.

There's no need to write "excellent communication skills" when it is evident in your writing and the construction of the resumé.

Take time to polish your resumé. It's often the only piece of information that employers have about you, so you want to be sure that it's giving the right impression.

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What I learned

Key take-aways from Alanna's experience:

- Spend time enhancing your resumé for every job that you're applying to
- Make sure your resumé demonstrates the transferable skills you acquired in your extra-curricular activities and past experiences
- Highlight your past successes and make your resumé stand out

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"The pen is mightier than the sword"
- Edward Bulwer-Lytton

Too often employees ruin their own perfectly good cases. Mostly, these employees fail to pick their battles, especially with their own lawyers. Here are the various types of "losers" and the reasons why they just love to fail.

The Penny Pincher They want substantially more from a lawyer than what they are willing to pay for. They will invest more time searching for a free lawyer than had they just agreed to pay for a good one from the outset. They will always argue over getting the

last penny in any deal, which ironically will cost them more in the long run.

The Know-it-All They have a well strategized plan about how they will win their case. The problem is that they are often wrong and they are never willing to admit it. They will listen to their lawyers but as soon as they do not get the answer they want to hear, they will take a course of action that will inevitably make their case harder to settle.

The Story-tellers They tell fabulous stories about their cases, except that these stories are always far from the truth. They will convince themselves that they have a great case, worth many millions of dollars and that their employers will open their wallets to silence their claims. The problem is that if their employers and even their own lawyers do not believe

them, a judge almost never will.

The Bully They are so used to getting away with mischief that they can never foresee their behaviour catching up with them. However, when it eventually does (and it always does) the bully falls harder than anyone. They get little sympathy from employers and even less from the judges.

The Napoleon This class of employee will fight for just about everything. They will challenge performance reviews, workplace policies, hiring decisions and most definitely they will challenge firing decisions. They will invest more time and energy in court than had they just moved on and found another job. However, they are great clients because I often see them more than once.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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WEDNESDAY, SEPTEMBER 7, 2011

Metro 101: FROSH GUIDE



Big lessons for living in small spaces

- ▶ Think about smart storage that maximizes space, yet looks good
- ▶ Be prudent about how much stuff you buy

When New Yorker Wendy Koch's son Bob headed off to Ithaca College for his first year, the car was loaded with great stuff — too much of it. That the nice Pottery Barn rug bare-

ly fit in the car should have been the tip-off. "We were taking our seventh trip up three flights of stairs to the tiny dorm room in stifling temps when his roommate turned to Bob and said,

"You could probably make a lot of money selling all this stuff on eBay," Koch recalls. "There just wasn't room in the room."

Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy. Rooms often seem smaller than the floor plans indi-

cate. That spacious-looking common room? More like a foyer. And as one veteran of the dorm wars notes, you will never again have the closet space you did at home.

So think about smart storage that maximizes space yet looks good.

Unless you are able to repurpose them as tables, suitcases may not be the best option; they might not fit under the bed or in the closet. Collapsible, storable bags work great.

Samsonite's sturdy nylon Tote-a-Ton bag has 105,729 cubic centimetres of space. Dormco.com has the Clothes & Go system, which lets you take hanging clothes right out of the closet into foldable bags with a shoulder strap — at the dorm, just rehang.

Bed, Bath & Beyond has a ventilated, clear vinyl six-shelf sweater

rack that hangs on a rod — easy to see what's in it. Some online shoppers have raved about the retailer's Dorm Space Saver, which assembles with no tools and, being the same width as the bed, serves as an extra headboard or footboard with shelves.

Dorm gear is often grouped by classic gender colours and patterns — pinks, purples, baroque and animal prints for females, and surfer, sports, blues and browns for guys. It's better to choose neutral bedding that you won't tire of, and put the pattern and colour punch in posters and memorabilia collected during the school year.

Ikea's Dokument series of functional mesh metal



desk accessories might appeal to girls or guys. Its Kassett boxes are cheap and sturdy storage options for papers; choose from an array of colours including white, black and orange. The Oleby lamp is a good-looking task light. And Ikea's giant plastic shopping bags make great dirty clothes totes, for the laundromat or for the bus ride home to free cleaning.

Dormco's Bunk Pocket is a convenient neoprene catchall for electronics that slips over a bedpost.

Both Bed, Bath & Beyond and WalMart offer services that let you shop online and pick up the items in or near the university town.

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▶ Ikea's Kassett boxes, Dormco.com's Neoprene Bunk Pocket, middle, from Home Sense, the cityscape pillow, top right, and a crocheted pillow, and Samsonite Tote-a-Ton bag, right.



COURTESY GRETA PODLESKI

**Miss American Thigh**

These gooey, saucy, baked chicken thighs are a favourite.

Ingredients:

- ¾ cup grape jelly
- ½ cup ketchup
- ½ cup minced onions
- 2 tbsp white vinegar
- 1 tsp dry mustard powder
- 12 bone-in chicken thighs, skin removed (about 3 lbs/1.4 kg)

Preparation:

1 In a small saucepan, stir together grape jelly, ketchup, onions, vinegar and mustard powder. Cook over medium-high heat until mixture comes to a boil and jelly is melted. Remove from heat.

2 Arrange chicken pieces in a 13x9-inch baking dish. Pour sauce evenly over chicken and turn pieces to coat both sides. Bake at 400 F for about 40 minutes, until chicken is very tender. Serve hot. Makes 6 servings



University and college students gain a great deal of freedom in their first year — and some also gain a great deal of weight. The famous “Frosh 15” is a familiar foe and can be avoided with a little effort.

Greta Podleski, who, with her sister Janet, is the food lover behind the Eat, Shrink and Be Merry TV series and book, says the problem is most 18- and 19-year-olds simply don't know how to cook.

“Or they believe that putting Kraft Easy Mac in the microwave is cooking,” she jokes. “Eating healthfully when you have no idea how to cook is a challenge.”

Price shock when you start paying for your own

groceries can also make “cheap” meals at fast food restaurants seem more affordable. “I’m sure the extra partying and drinking might have something to do with the weight gain, too,” she teases.

Podleski advises learning how to cook five basic meals before you leave home.

“They don’t have to be gourmet, but I’m not talking about spreading peanut butter on toast, either.”

For example, instead of ordering pizza, buy a whole-grain pre-made pizza crust and add your own toppings: Chicken, sliced mushrooms, peppers, tomatoes — whatever you fancy. Use partly skimmed cheese and a jar of pizza or pasta sauce and you have

an easy health upgrade from delivered or frozen pizza.

A pasta meal can be just noodles and bottled sauce, but you can improve it by adding lean ground beef, chicken or meat substitute, along with chopped vegetables. “Look for the high-fibre white pastas if you can’t handle whole grain,” she says.

For breakfast, buy some whey protein powder and a blender to make breakfast smoothies. Add some frozen fruit and water and you are good to go.

“To add some good fats, throw in a tablespoon of ground flax or chia seed,” she says.

THE PODLESKIS’ NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, WILL BE RELEASED THIS FALL. COPIES CAN BE PRE-ORDERED AT INDIGO.CA.



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4 sports

Quoted



"I've been an assistant coach of the year in pro football and in college football, so apparently I'm pretty good. No one else believes it, but they all will after this game."

DALLAS COWBOYS DEFENSIVE CO-ORDINATOR ROB RYAN, ON HIS TEAM'S SEASON-OPENING GAME AGAINST THE NEW YORK JETS, A TEAM COACHED BY HIS TWIN BROTHER REX.



Scan code for more sports news.

Jets. Uniforms



► Winnipeg Jets, from left, Nik Antropov, Mark Stuart and captain Andrew Ladd wear the team's new jersey as they walk around a CF-18 at a Canada Forces base in Winnipeg yesterday.

JOHN WOODS/THE CANADIAN PRESS

Winnipeg will be jetting around the ice in navy blue

With planes screaming overhead, the reborn Winnipeg Jets showed off their new uniforms yesterday.

Team captain Andrew Ladd and three other players emerged from the belly of a Royal Canadian Air Force Hercules at CFB Winnipeg in their blue and white home and away uniforms.

The home jersey is navy blue — officially "polar-night blue" — with striping in white and lighter blue. The away jersey is white with the two shades of blue striping. The lighter shade is known as "aviator blue."

Argos give Lemon the boot

► Toronto hands the veteran quarterback his walking papers and passes on the job to Jyles

The Toronto Argonauts are now Steven Jyles' team.

Jyles assumed the starting quarterback position with the struggling Argos (2-7) yesterday, hours after the club's surprising announcement it had released incumbent Cleo Lemon. Jyles will come off the nine-game injured list this week and make his Toronto debut Saturday night in Vancouver against the B.C. Lions.

"I'm expecting him to go out and play within himself, and by the end of nine

games we're going to know what we have in Steven Jyles," said Toronto coach/GM Jim Barker. "For him, this is an opportunity to take control of a team."

Lemon joined the Argos prior to the 2010 campaign following seven NFL seasons and struggled with the Canadian game, amassing an 11-14 record as the club's starter. His departure came four days after Lemon was benched for the first time, giving way to backup Dalton Bell to start the second half of Toronto's 29-16

23

Number of interceptions thrown by Cleo Lemon in his career as an Argos, compared to 22 touchdown passes.

home loss to B.C., a game that saw the home team roll up just 184 total offensive yards.

The move was a huge surprise given Barker continually supported Lemon

throughout his CFL struggles. Barker named Lemon his starter last season despite Bell having played better in camp, and though Toronto posted a 9-9 record to qualify for the playoffs, it was due mostly to its stout defence and spectacular special teams as the offence struggled mightily.

In the off-season, Barker acquired Jyles from Winnipeg and declared another open competition at training camp for the starter's job. But the Lemon-Jyles showdown never material-

ized as Jyles missed most of camp recovering from off-season shoulder surgery before going on the injured list.

Lemon did show flashes of brilliance this year, completing 66.5 per cent of his passing with seven touchdowns against just four interceptions. But it wasn't nearly enough to kick-start an anemic Toronto offence that's ranked last overall in the total yards (312.1 yards per game) and passing yards (277.3).

THE CANADIAN PRESS

Rain shuts Open down for day

Rain washed out all of yesterday's schedule at the U.S. Open, postponing matches involving defending champion Rafael Nadal and the three American men left in the tournament: Andy Roddick, John Isner and Donald Young.

Second-seeded Vera Zvonareva, the 2010 run-

ner-up, also had been scheduled to play yesterday, the first time play has been delayed by rain at this year's U.S. Open.

Steady showers that began overnight carried into the morning, first delaying what was supposed to be an 11 a.m. start. About 2½ hours later, the U.S. Tennis

Association announced that the day and night sessions were being called off.

A total of 54 matches were postponed at least until today, when more rain is predicted. There also is a chance of rain tomorrow and Friday, which could throw the schedule into disarray. THE ASSOCIATED PRESS

RECOVERY UPDATE

Crosby to speak

Pittsburgh Penguins captain Sidney Crosby is expected to provide an update today on the progress of his recovery from a concussion.

Crosby, who hasn't played since suffering a

head injury in January, will speak to reporters at CONSOL Energy Center, the NHL team said yesterday.

Crosby has seen concussion specialists around the United States this summer. They have been monitoring his progress as he tries to shake headaches and other concussion symptoms. THE CANADIAN PRESS

Engine

Keeping the iQ on the go and hopefully out of trouble is a 1.3-litre four-cylinder engine that generates 94 horsepower and 89 pound-feet of torque.

That is minimal, but considering the car's modest 970-kilogram curb weight, it's likely all that's needed for most urban driving scenarios.

Seating and space

This so-called "micro subcompact" offers a unique seating arrangement, with the driver's chair positioned a few centimetres aft of the front passenger seat.

This arrangement allows for a reasonable legroom assigned to the spot behind the shotgun position, but barely any such space exists behind the driver. Full Monty seat deployment also results in a mere mail slot's worth of storage space, accessible through the rear hatch. But with the rear seat folded, stashing a couple of sets of golf clubs or full-size suitcases would not be out of the question.

How many airbags?

The iQ isn't particularly wide — nearly equal to the fortwo in this regard — but the offset front-seat layout should provide sufficient space to prevent elbow collisions.

It also features an amazing 11 airbags strategically located about the cabin. The list includes the first-ever rear-window airbag plus driver and front-passenger knee and seat-cushion airbags.



► Given the \$18,300 entry price and an estimated fuel economy of 5.5/4.6 l/100 km (city/highway), there are more economical choices than the iQ. Purchase will have to be partly based on the got-to-have-it factor.

Talk about a good catch: iQ with charm

MALCOLM GUNN
DRIVE@METRONWS.CA
WHEELBASE MEDIA

More than four decades ago, North Americans began a love affair with an inexpensive little two-door runabout that Toyota introduced to North America from its Japanese home-

land. The Corolla badge has so far been affixed to 40 million vehicles.

Certainly Toyota isn't expecting its Scion-branded iQ to be a case of history repeating, but if just a little of that ol' Corolla mojo rubs off on this tiniest of four-seaters, the automaker would definitely have an-

other hit on its hands. The iQ is an interesting piece of architecture. Toyota has managed to take a vehicle that's a scant three metres long (roughly 30 centimetres longer than a Smart fortwo) and create a rolling habitat for four people.

The previous statement, however, requires some

clarification. The person sitting directly behind the driver will either have to be very small, or sufficiently flexible to sit cross-legged for extended periods.

For all practical purposes, the iQ is essentially a three-person proposition, but it still puts the Smart to shame. Young urban sin-

gles and multi-car families are the likely targets, but more car can be had for about the same money from other automakers with as good, or better fuel-efficiency stats.

But don't discount the iQ's certain indescribable charm factor. After all, it worked for the Corolla.



By comparison

Smart fortwo

Base price: \$15,000
Less practical two-seater lacks space and fuel efficiency in this class.

Mini Cooper

Base price: \$23,650
Easy on gas plus excellent road manners makes Mini a fun-to-drive pick.

Fiat 500

Base price: \$17,400
Cute econo-car newbie offers all-adult seating and Italian pedigree.

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Black beauties



► As long as it's not a base Corvette, you can get this much black by specifying a Centennial Edition.

► Guess which colour is making a comeback in the auto world ► Hint: Johnny Cash would approve



TOM JENSEN
SPEED.COM, FOR
WHEELBASE MEDIA

This just in: Black is back. If you don't believe it, take a look at some of the 2012-model-year limited-edition new cars and trucks starting to roll into showrooms in North America even as you read this.

From subcompacts to near monster-sized trucks, there hasn't been this much black going on since Johnny Cash sang Man In Black 40 years ago. But unlike the Vietnam-era Cash, there's nothing sombre about the black look today. The new black is about cele-

bration, about being cool, classy, mysterious and, of course, bad to the bone.

Fiat Gucci 500

Yes, you read that correctly. With the Fiat 500 barely out of the starting blocks in North America, there's already a new version of the microcompact that's funky but chic.

The designer-themed Gucci 500 and 500C will be available only in pearlescent black or white, both with Gucci's green-red-green stripe pattern on the exterior as well as the seatbelts.

Gucci logos and emblems will be just about everywhere on the Fiat, including the alloy wheels,

Prada Genesis

Similar to Gucci's deal with Fiat, Hyundai has a deal with another fashion designer, Prada, for a limited-edition version of the Genesis luxury sedan. But the Prada Genesis — also black — is available only in Korea and China, not in North America.

headrests, rear hatch and B-pillars. There will be no mistaking that you're driving the Gucci-ized Fiat 500 and not the more pedestrian base model.

Chevrolet Corvette Centennial Edition

The yin to the Gucci Fiat's

yang, the Centennial Edition 'Vette looks like a modern-day Batmobile, available only in a paint colour that Chevrolet calls Carbon Flash Metallic, a.k.a. black. Add bright-red brake calipers and wheel accents and satin-black graphics and this is one seriously mean-looking hot rod.

Interestingly, the Centennial Edition trim package is available on most Corvette levels.

Ford Harley-Davidson F-150

Since teaming up together in 1999, Ford Motor Co. has sold more than 70,000 Harley-Davidson-badged pickup trucks. The new special-edition F-150 will feature snakeskin leather

interior accents and aggressive and distinctive body-side graphics. Under the hood is a 411-horsepower 6.2-litre V-8.

Porsche Cayman S Black Edition

Clearly, black is, well, the new black. Just ask German automaker Porsche, which is rolling out its limited-run 2012 Cayman S Black Edition.

Among sports cars, there is none more black than the new Cayman: black body, black-painted 19-inch Boxster Spyder design wheels, black side air intake grilles, black exhaust tailpipes, black interior, even a black script Cayman logo on the back.

Top Gear

PHOTOS COURTESY OF WHEELBASE



1 Owners of smaller cars need to be just as organized as

those who drive larger vehicles. For that reason, the folks at Griot's garage have created what they call Jenny's Junk-In-The-Trunk Bag. This portable nylon carryall has been designed to hold plenty of gear in a relatively small space. The bag measures just 60 centimetres wide by 35 cm deep by 26 cm tall to easily fit inside most compact and subcompact cars and still leave plenty of room for groceries and other gear. The upper compartments and mesh pockets can hold items such as extra clothes, towels, windshield washer fluid, cleaning supplies, etc., while the lower compartments are ideal for everything from shoes to battery jumper cables. The bag sells for \$40 US and is sold at griotsgarage.com.

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Last-gen Infiniti QX is comfy, thirsty, enormous

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONews.CA

The first generation of the QX56 was available to Canadian shoppers between 2004 and 2010 model years. A shot at machines like the Cadillac Escalade, it was effectively a rebadged and upscaled Nissan Pathfinder Armada with sophisticated looks and a very luxurious cabin.

Look for all the premium goodies, including hard-drive audio storage, radar cruise, puddle lights, navigation with voice command, Bluetooth, automatic everything, leather seating, wood trim and plenty more.

Seating was available for the driver and up to seven passengers.

2004 to 2010 Infiniti QX56



TORSTAR NEWS SERVICE

Engine

Standard was a 5.6-litre V-8 engine cranking out 315 or 320 horsepower, a five-speed automatic and standard four-wheel drive with low-range.



What owners like

Comfort, handling, beauty, luxury, and style are highly rated by QX56 owners.

A combination of space, luxury-car amenities and capability are also noted as primary reasons for purchase.



What owners dislike

As with any SUV, gas mileage is almost unanimously rated poorly by QX owners. Other gripes include "boatish" driving dynamics, poorly-placed cupholders and a few cheaper-than-expected interior pieces.



Common issues

On a test-drive, note any unwelcomed vibrations through the steering wheel, which may be caused by out-of-balance wheels, poor alignment or worn tires. Ensure all door locks work properly and triple check the trunk release latch and motorized tailgate for proper operation in both directions, if so equipped.

Hard shifting or engine performance issues could be caused by a faulty powertrain control module, not the drivetrain itself.

Verdict

Smaller and less-thirsty alternatives to the QX56 are available in the used market, should this enormous Infiniti's size and power prove overkill. Those set on a QX56 should opt for a model familiar to a selling Infiniti dealer.

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Miscellaneous

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I declare that in my son Arjun's (son of me and my wife Nidhi Nagar) Indian passport name is mentioned as **ARJUN**, whereas his correct full name is **ARJUN NAGAR**- first name **ARJUN**, last name **NAGAR**

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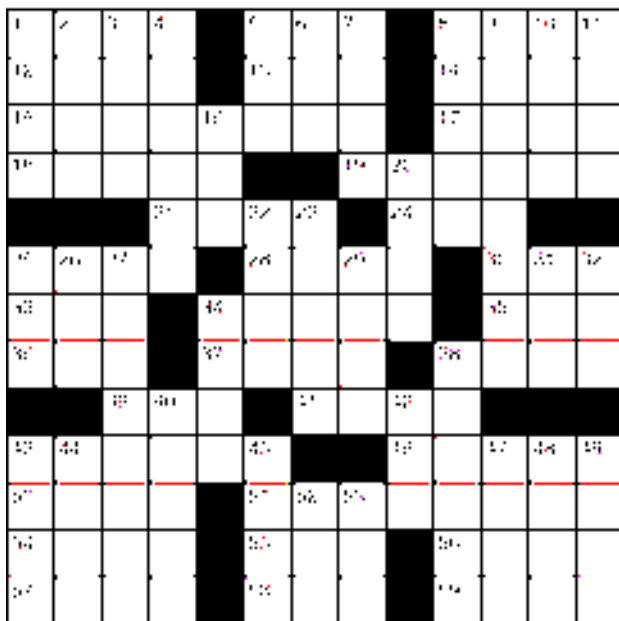
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Crossword

Across

- 1 Use the oven
5 Mandible
8 Census stats
12 Former Fed head Greenspan
13 Author Umberto
14 Crooner Jerry
15 Hood
17 "By the power vested — ..."
18 Perspiration
19 St. George's foe
21 Mentor
24 Bigger photo (Abbr.)
25 Ginormous
28 Never again?
30 Mischief-maker
33 "Born in the —"
34 Musical endings
35 Water (Fr.)
36 Stiller or Stein
37 Supplements, with "out"
38 Kermit, for one
39 Petrol
41 Line holder
43 Summon with a shout
46 "Soon It's — Rain"
50 Hodgepodge
51 Ship boarders' passages
54 Middy
55 Brazilian tourist mecca
56 Duel tool
57 Chromosome part
58 Shade source
59 Tat-tat lead-in
Down
1 Luggage
2 "There oughta be



- !"
3 Welles role
4 Intermesh
5 Lustrous black
6 Expert
7 Information
8 Bird-related
9 More like a string bean
10 Ticklish Muppet
11 Witnessed
16 R-V connection
20 "Cheers" actor Roger
22 Castle
23 Hypnotized
25 Center
26 Work with
27 Bundle of nerves?
29 Instance
31 Chinese chairman
32 Boxer
34 "— la vie"
38 Rose, e.g.
40 Unaccompanied
42 Nest item
43 Reqs. and Sens.
44 Lotion additive
45 Shrek, for one
47 California wine valley
48 Dmitri's denial

- 49 Whale-watching, maybe
52 Have a bug
53 — de plume

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

7	2	3	6	1	9	4	5	8
5	9	1	4	8	2	7	6	3
4	8	6	5	3	7	2	9	1
1	5	8	3	2	4	9	7	6
3	7	4	9	5	6	8	1	2
2	6	9	1	7	8	5	3	4
8	1	2	7	9	3	6	4	5
9	4	5	8	6	1	3	2	7
6	3	7	2	4	5	1	8	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Thomas, I know I never cross your mind anymore. And you don't deserve to Always be on my mind. Yet there you always are. I want it to be the other way around, my life would be happier. I miss you everyday and wish i didn't have to... SM

To NUM We met 3 years ago today! (sept, 6th, 2008) I love and care for you more than I could ever tell you <3 I hope Africa is life changing for you my love! And don't worry I will be here waiting for you :) SHAZ

My greatest love Its been to long and I still think about you all the time. I miss you in my life and you were so perfect. If only I could show you and make you mine again. I'll miss you forever. MB

Today's horoscope

♈ Aries March 21-April 20 The planets indicate that journeys will go well for you today. Get going.
♉ Taurus April 21-May 21 You know what needs to be done and you know how to do it. If you wait, you could miss your chance.
♊ Gemini May 22-June 21 Be impulsive today. Do something for no better reason than because it makes you feel good.
♋ Cancer June 22-July 22 Find ways to further your career interests while enjoying a great social life. Have your cake and eat it, too.

♌ Leo July 23-Aug. 23 If you think everyone is out to cheat you then, inevitably, you will attract that sort of person.
♍ Virgo Aug. 24- Sept. 22 The trend dominating your life is totally positive. Stop trying to change things that don't need changing.
♎ Libra Sept. 23-Oct. 23 A quick decision is not always the best decision, so take your time before making your next move.
♏ Scorpio Oct. 24-Nov. 22 Work with people who share your outlook on life. There's plenty.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Someone you work with will make you an offer you can't refuse.
♑ Capricorn Dec. 22-Jan. 20 No one knows you as well as you know yourself, so listen to your subconscious — then act fast.
♒ Aquarius Jan. 21-Feb. 18 Cosmic activity in a sensitive area of your chart makes you acutely responsive to changes in your life.
♓ Pisces Feb. 19-March 20. Make sure loved ones take you seriously and make sure you take them seriously. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had immigrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits.

"Before the seminar, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA[®] card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy

a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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With the support of Scotiabank's Isa Ho, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.



"Amrit helped open the door to my credit history in Canada"

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2. Offer available for one year when you open a new PowerChequing[®] account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the PowerChequing account, including access fees to use non-Scotiabank banking machines (e.g. Interac, VISA or PLUS fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
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